

# L-A-Ex

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Maggie Gallagher (UK)  
音樂: Sweet Dreams My la Ex - Rachel Stevens



## HITCH, SIDE, TOGETHER, HITCH, SIDE, CROSS, UNWIND $\frac{3}{4}$ , LEFT WIZARD, TOUCH FORWARD

1&2      Hitch right to left, step right side right (&), step left together  
3&4      Hitch right to left, step right side right (&), cross left over right  
5      Unwind  $\frac{3}{4}$  right (transferring weight onto right)  
6-7&8      Step left forward, lock right behind, step left forward (&), touch right in front of left

## SWIVEL $\frac{1}{4}$ LEFT, SWIVEL $\frac{1}{4}$ RIGHT, TOE PRESS, KICK, WALKS BACK, SIDE TOUCH, HOLD

1-2      Swivel both heels right turning  $\frac{1}{4}$  left, swivel both heels left turning  $\frac{1}{4}$  right (weight left)  
3-4      Press right toe forward, recover onto left kicking right forward  
5-6      Walk back right, back left  
&7-8      Step back right next to left (&), touch left to left side, hold

## TOGETHER, SIDE ROCK, MONTEREY $\frac{1}{2}$ TURN, SIDE TOUCH, HOLD, VAUDEVILLE, VAUDEVILLE $\frac{1}{4}$ TURN RIGHT

&1-2      Step left together, side right rock, recover  
&3-4      Step right together turning  $\frac{1}{2}$  right, touch left side left, hold  
5&6&      Cross left over right, step back right, left heel to left diagonal, step left together (&)  
7&8      Cross right over left, step back left turning  $\frac{1}{4}$  right, right heel to right diagonal

## TOGETHER, CROSS, STEP SIDE, DRAG, TOGETHER, CROSS, $\frac{1}{4}$ TURN RIGHT, $\frac{1}{2}$ TURN RIGHT, LEFT SHUFFLE FORWARD

&1-2      Step right together, cross left over right, big step right side right  
3&4      Drag left towards right, step left together, cross right over left  
5-6      Step back left turning  $\frac{1}{4}$  right, step right forward turning  $\frac{1}{2}$  right  
7&8      Step left forward, step right together, step left forward

## ROCK FORWARD, TOGETHER, SIDE ROCK, TOGETHER, SIDE ROCK, COASTER STEP $\frac{1}{4}$ RIGHT

1-2&      Rock right forward, recover, step right together  
3-4&      Side left rock, recover, step left together  
5-6      Side right rock, recover  
7&8      Step back right turning  $\frac{1}{4}$  right, step left together, step right forward

## STEP, $\frac{3}{4}$ PIVOT, CHASSE, RIGHT SAILOR STEP, LEFT SAILOR STEP

1-2      Step left forward,  $\frac{3}{4}$  turn right (transferring weight onto right)  
3&4      Side left to left side, together right, side left to left side  
5&6      Step right behind left, step side left, step side right  
7&8      Step left behind right, step side right, step side left

## LOW KICKS TWICE, STEP BACK, TOUCH FORWARD, HOLD, STEP FORWARD, TOUCH TOGETHER, HOLD, STEP FORWARD, TOUCH FORWARD, HOLD

1-2      Low right kick forward twice  
&3-4      Step back right, touch left forward in front of right (right shoulder back/looking back), hold  
&5-6      Step down on left, touch right together, hold  
&7-8      Step right forward, touch left forward, hold

## TOGETHER, ROCK FORWARD, FULL TURN RIGHT, OUT-OUT, HOLD, BUMP HIPS LEFT TWICE

&1-2      Step down on left, rock right forward, recover

3-4 ½ turn right stepping right forward, ½ turn right stepping left back  
&5-6 Step side right, step side left, hold  
7-8 Bump hips left twice (keeping weight on left foot)

**REPEAT**

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